

HERNIA TYPES

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Introduction

A hernia is a bulge of intestine, another organ, or fat through the muscles of the abdomen. A hernia occurs when there is weakness in the muscle wall that allows part of an internal organ or other tissue to push through.

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Types

EPIGASTRIC HERNIA: An epigastric hernia (pronounced "eh-pih-GAS-trik HER-nee-uh") occurs when fat pushes through a weak part of the abdomen wall. It occurs in the middle of the abdomen between the breastbone and the navel. Typically these hernias are small, but a person can have more than one at a time.

FEMORAL HERNIA: A femoral hernia (pronounced "FEH-muh-rull HER-nee-uh") occurs when tissue bulges from the lower belly into the upper thigh, just below the groin crease. Femoral hernias typically occur more often in women than in men.

HIATAL HERNIA: A hiatal hernia (pronounced "hi-AY-tul HER-nee-uh") is different from other types of hernias, because it involves the stomach instead of the intestine. It occurs when part of the stomach bulges up through the diaphragm and into the chest. The diaphragm is a sheet of muscle that separates the lower abdomen from the chest. A hiatal hernia cannot be seen as a bulge.

INCISIONAL OR VENTRAL HERNIA: Incisional hernias are often the largest and most challenging hernia. Incisional hernias are hernias that result from weakness in the abdominal wall created by previous surgery. These tend to be large complicated hernias with scar tissues.

INGUINAL HERNIA: An inguinal hernia (pronounced "IN-gwuh-nul HER-nee-uh") occurs when tissue pushes through a weak spot in the groin muscle.

UMBILICAL HERNIA: An umbilical hernia occurs when intestine, fat, or fluid pushes through a weak spot in the abdomen. This causes a bulge near the navel.

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